



Activities Guide

Movie Screening

- Show a movie or documentary with a mental health and aging theme
- Facilitate a discussion after the film

Lecture

- Host a “brown bag” luncheon to focus on mental health and aging.
- Invite a speaker to make a presentation.
- Facilitate an interactive discussion about the topic.

Public Information Display

- Identify materials from OWL’s toolkit, website, or partner resource list
- Contact OWL National to request additional copies for your display
- Work with local institutions to set up a display to educate the public

Movie Ideas:

Iris
About Schmidt
In a Nutshell
The Straight Story
Away From Her
The Notebook
The Savages

Speaker Ideas:

Clinical Experts
Geriatric Psychiatrists
Researchers
Advocates
Authors
Older Adults who have overcome a mental health problem

Location Ideas:

Library
Hospital
Senior Center
Supermarket

Other

- Write a letter to the editor of a local newspaper.
- Customize the newsletter article in the OAMHW toolkit and publish it in a newsletter for a community organization.
- Host or participate in a mental health screening.
- Choose a book about mental health and aging for a May book club selection.